

## A STUDY OF THE ATTITUDE TOWARDS SMALL FAMILY OF URBAN AND RURAL COUPLES

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### **ABSTRACT**

*The institution of marriage is known as life-long dedication, not only between two partners but also two families, for their lives. Family is the soft corner for every person. All religions of the world strongly believe in the sanctity of the institution of marriage and family especially in India and affirm it for promulgation of human life. Therefore, we need to know how we build physical and moral strong families. All societies need to condemn and control the elements that downplay the importance of this sacred institution. For this, divorce, single parenthood and cohabitation are taboos for many conventional societies and marriage the safest channel for social acceptance and upward mobility. A certain level of agreement is necessary for partnerships to function well, and this usually requires willingness to compromise.*

**KEYWORDS:** *Small Family, Urban & Rural Couples*

### **INTRODUCTION**

Family planning of urban and rural couples depends upon their attitude about family and social life. Religion is also play an important role in the society for family planning. If you are Hindu and you have more than 2 or 3 children people laugh at your uneducated and carelessness nature. In Hindu people believe that education and good care is more important than number of children. So if you have one or two child than it is good not only you but also for nation. So people participated in family planning. In Muslim Mauling and Mailbag said that family planning is against Islam, so we could not participate in family planning. But now some educated people of this community participated in family planning secretly. But when Mauling knows this, boycott that family. They don't know that family planning is a process of controlling the number of children among couples. Family planning increases survival, improves the health of millions of people and helps achieve national goals. Family planning helps women to avoid unwanted pregnancies, illegal abortions and child bearing that will threaten their own personal health and that of the children. Family planning involves two concepts – contraceptive use and family planning services which is used by couples to bring about healthy sexual relationships among them without fears of unwanted pregnancies and sexually transmitted infections. It is observed also that the presence of children emerged as a significant factor associated with marital satisfaction. Children can enhance marital satisfaction, as long as the number does not exceed three. Findings of the studies revealed that the Hindus have more positive attitudes towards country and life but Muslims have comparatively less. On the other hand the Muslims have more negative attitudes towards family planning as compared to Hindus. Some studies have been highlighted about the socioeconomic variables which influence fertility levels between Hindus and Muslims and examine the explanations from a political and economic prospective. It is stated that there is a higher unmet need for family planning among Muslims and they avail less services from government sources even in rural areas. Muslims are more poor and illiterate and the practice of family planning is low among Muslims, it is

also mentioned that they use more spacing and traditional methods compared to Hindus. On the other hand in both the religion female sterilization continues to be dominant method of family planning. It was revealed from the findings that all determinants of attitude towards small family are correlated significantly with married couples' perception of small family, that is, attitude of small family has high positive relationship with the determinants.

We live in an age of planning. People are planning their activities to secure their maximum satisfaction not only for themselves but for their families. They plan for the future scope that they will do them also plan their programmed for the present; the rationalization of life obviously involves a planned family. The number of children must be fixed and their appearance at convenient times secured. They must be bought up so as to become people in the social grade the parents have reached or in the higher grade than the parents hope will be reached, if not by them, then by their children. The luxuries of yesterday become the necessities of today, and luxuries of today will become the necessities of tomorrow. This tendency shows itself in the upbringing of children, which becomes more expensive as periods of vocational training lengthens and the age when earning begins to rise. The planned family; and the rationalization of life go with the desire for social advancement, social security, and the enjoyments of leisure as a factor of declining fertility.

Hence to check the rather high growth of population, the only factor which seems important in the present context is to control the fertility. Control means modification of fertility by adopting deliberate methods to avoid unwanted births and thereby restricting the family size.

## DEFINITIONS OF SMALL FAMILY OR FAMILY PLANNING

- Family planning refers to practices that help individual or couples to attain certain objectives:
- To avoid unwanted births.
- To regulate interval between pregnancies.
- To bring about wanted births.
- To control the time at which births occur in relation to the ages of the parents and to determine the number of children in the family

## METHODS OF FAMILY PLANNING

Here's a list. Permanent methods:

### Vasectomy

Vasectomy is a permanent form of birth control for men. During vasectomy, tubes that carry sperms are closed or blocked. This is easy and saves.

### Female Sterilisation

Sterilizations is also a permanent form of birth control method. The women's fallopian tubes (connector between uterus and ovaries) are either cut or sealed. This is easy and saves and very popular family planning in India.

### Implant

This is the first non-surgical method of sterilising women. But this method is not popular in India.

**Iud**

IUD stands for "intrauterine device." IUDs are small, "T-shaped" devices made of flexible plastic that is placed in the uterus by a doctor. IUD is also popular and saves.

**Pill**

Birth control pills are to be taken every day to prevent pregnancy. The pill contains the hormones estrogens and progestin.

**Vaginal Ring**

This is a thin, flexible ring that releases the hormones progestin and estrogens. It works by stopping the ovaries from releasing eggs. It also thickens the cervical mucus, which keeps the sperm from joining the egg.

**Shots**

The birth control shot is an injection of a hormone that prevents pregnancy. Each shot prevents pregnancy for three months. The shot should not be used more than 2 years in a row because it can cause a temporary loss of bone density. So this is not very useful for long time.

**Patch**

The patch is worn on the lower abdomen, buttocks, outer arm, or upper body.

**CONDOMS MALE & FEMALE****Male Condoms**

Male condoms are a thin sheath placed over an erect penis to keep sperm from entering a woman's body. This is safe and easy method so people use it regularly.

**Female Condoms**

This condom is worn by the woman inside her vagina. It keeps sperm from getting into her body. It is not popular like male condoms in India.

**Withdrawal**

Withdrawal or the pull out method is when the man pulls out just before ejaculation. Withdrawal may be the world's oldest way to practice birth control.

The present study will focus on the individual's approach towards marital satisfaction and family planning. Couples can be motivated in the interest of self and spouse, that they will be healthy, free from burden of unwanted child and increased sexual gratification and marital satisfaction will be attained. Children welfare may be another strong motivating factor for the couples to think about family planning.

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